

Kosher Fish List

*Editor's note: How **not** to use this list:*

The purpose of this list is to give the reader an idea of which species of fish are generally considered kosher. In practice however, its use is very limited.

Unfortunately, the common, unscientific, names of fish are very inaccurate. For example, there are a number of different species of fish that go by the name tilapia, tuna or red snapper, respectively—and not all of them are kosher. Note that even the FDA warns that species substitution is a very serious problem.

For more on how to go about buying kosher fish see [All About Kosher Fish](#)

Reprinted with permission of the Orthodox Union. To find out about non-kosher fish, see the [Non-Kosher Fish List](#).

Albacore See: [Mackerels](#)

Alewife See: [Herrings](#)

Amberjack See: [Jacks](#)

Anchovies (Family Engraulidae). Including: European anchovy (*Engraulis encrasiolus*), North of California anchovy (*Engraulis mordax*).

Angelfishes and butterfly fishes (Family Chaetodontidae). Including: Angelfishes (*Holacanthus* species, *Pomacanthus* species).

Ballyhoo See: [Flyingfishes](#)

Barracudas (Family Sphyraenidae) Including: Baama or reineta which go by the Latin name *lepidotus austrais* or *lepidotus raii*)

Atlantic Pomfret or Ray's Bream(*Brama racudas* and *kakus* (*Sphyraena* species).

Bass See Sea Basses, Temperate basses, Sunfishes, Drums

Bigeyes (Family Priacanthidae). Including: Bigeyes or aweoweos (Priacanthus species).

Blackfish See: Carps, Wrasses

Blacksmith See: Damselfishes

Blueback See: Flounders, Herrings, Trouts

Bluefish or snapper blue (*Pomatomus saltarix*)

Bluegill See: Sunfishes

Bocaccio See: Scorpionfishes

Bombay duck (Harpadeon nehereus)

Bonefish (Albula vulpes)

Bonito See: Cobia, Mackerels

Bowfin Freshwater dogfish, or grindle (Amia calva)

Bream See: Carps, Atlantic Pomfret, Porgies

Brill See: Flounder

Buffalo Fishes See: Suckers

ButterFishes (Family Stromateidae). Including: Butterfish (Peprilus tracanthus); Pacific pompano (Peprilus similimus); harvestfishes (Peprilus species)

Butterfly fish See: Angelfish

Cabrilla See: Sea Basses

Calicobass See: Sunfishes

Capelin See: Smelts

Carps and minnows (Family Cyprinidae), Including: the carp, leather carp, mirror carp (*Cyprinus*

carpio); Crucian carp (*Carassius carassius*); Goldfish (*Carassius auratus*); tench (*Tinca tinca*); Splittail (*Pogonichthys macrolepidotus*); Squawfishes (*Ptychocheilus* species); Sacramento backfish or hardhead (*Orthodon microlepidotus*); Freshwater breams (*Abramis* species, *Blicca* species); Roach (*Rutilus rutilus*).

Carosucker See: Suckers

Caviar (Must be from a kosher fish) See: Trouts and whitefishes (salmon), Lumpfishes (non kosher), Sturgeons (non kosher).

Cero See: Mackerels

Channel bass See: Drums

Char See: Trouts

Chilipepper See: Scorpionfishes

Chinook salmon See: Trouts

Chup See: Trouts, Sea chubs

Cichlids (Family Cichlidae), Including: Tilapias (*Tilapia* species); Mozambique mouthbrooder (*Tilapia mossambica*); Cichlios (*Cichlasoma* species); Rio Grande perch (*Cichlasoma cyanoguttatum*)

Cigarfish See: Jacks

Cisco See Trouts

Coalfish See: Codfishes

Cobia, cabio, or black bonito (*Rachycentron canadum*) Cod, cultus, black, blue, or ling. See: Greenlings, Sablefish

Codfishes (Family Gadidae), Including: Cod (*Gadus morhua*), Haddock (*Melanogrammus aeglefinus*); Pacific cod (*Gadus macrocephalus*); Pollock, saithe, or coalfish (*Pollachius virens*); Walleye pollock (*Theragra chalcogramma*); Hakes (*Urophycis* species); Whiting (*Merlangius merlangus*); Blue whiting or poutassou (*Micromesistius poutassou*); Tomcods or frostfishes (*Microgadus* species); *note. some cods are not-kosher; See: Freshwater Cod.*

Coho salmon See: Trouts

Corbina or Corvina, See: Drums

Cottonwick See: Grunts

Crappie See: Sunfishes

Creville See Jacks

Croacker See: Drums

Crucian carp See: Carps

Cubbyu See: Drums

Cunner See Wrasses

Dab See: Flounders

Damselfishes(Family Pomacentridae). Including: Blacksmith (Chromis punctipinnis); Garibaldi (Hypsypops rubicunda).

Doctorfish See: Surgeonfishes

Dolly Varden See: Trouts

Dolphin fishes or mahimahis (Coryphaena species) Not to be confused with the Mammal called Dolphin or Porpoise, which is non kosher.

Drums and croakers (Family Sciaenidae), Including: Seatrouts and carvinas (Cynoscion species); Weakfish (Cynoscion nebulosus); White seabass (Cynoscion nobillis); Croakers (micropogon species, Bairdiella species, Odontoscion species); Silver perch (Bairdiella chrysura); White or King croaker (Genyonemus lineatus); Black croaker (cheilottena saturnum); Spotfin croaker (Roncadostearnsi); Yellowfin croaker(Umbrinaroncador); Drums (Pogonias species, Stellifer species, Umbrina species); Red drum or channel bass (Sciaenops ocellata); Freshwater drum (Aplodinotus grunniens); Kingfishes or king whittings (Menticirrhus species); California corbina (Menticirrhus undulatus); spot or lafayette (Leiostomus xanthurus); Queenfish (Seriphus politus); Cubbyu or ribbon fish (Equetus umbrosus).

Eulachon See: Smelts

Flounders (Families Bothidae and Pleuronectidae). Including:

- Flounders (Paralichthys species,
- Liopsetta species,
- Platichthys species, etc.);
- Starry flounder (Platichthys stellatus);
- Summer flounder or fluke (Paralichthys denatus);
- Yellowtail flounder (limanda ferrugina);
- Winter flounder, lemon sole or blackback (Pseudopleuronectes americanus);
- Halibuts (Hippoglossus species);
- California halibut (Paralichthys Californicus);
- Bigmouth sole (Hippoglossina stomata);
- Butter of scalyfin sole (Isopsetta isolepis);
- "Dover" sole (Microstomus pacificus);
- "English" sole (Parophrys vetulus);
- Fantail sole (Xystreurus liolepis);
- Petrale sole (Eopsetta jordan);
- Rex sole (Glyptocephalus zichirus);
- Rock sole (Lepidopsetta bilineata);
- Sand Sole (Psettichthys melanostictus);
- Slender sole (Lyopsetta exilis);
- Yellowfin sole (Limanda aspera);
- Pacific turbot (Pleuronichthys species);
- Curlfin turbot or sole (Pleuronichthys decurrens);
- Diamond turbot (Hypsopsetta guttulata);
- Greenland turbot or halibut (Reinhardtius hippoglossoides);
- Sanddabs (Citharichthys species);
- Dabs (Limanda species);
- American plaice (Hippoglossoides platessoides);
- European plaice (Pleuronectes platessa);
- Brill (scophthalmus rhombus).
- **But not including: European turbot (Scophthalmus maximus or Psetta maximus).**

Fluke See: Flounders

Flyingfishes and halfbeaks (Family Exocoetidae); Flyingfishes (Cypselurus species, and others); Ballyhoo or balao (Hemiramphus species).

Frostfish See: Codfishes

Gag See: Sea Basses

Garibaldi See: Damselfishes

Giant kelpfish (Heterostichus rostratus)

Gizzard shad See: Herrings

Goatfishes or surmullets (Family Mullidae). Including: Goatfishes (Mullus species, Pseudupeneus species); Wekes or goatfishes (Mulloidichthys species, Upeneus species); Kumu (Parupeneus species); Red mullet (Mullus surmuletus).

Gobies (Family Gobidae), Including: Bigmouth sleeper or guavina (Gobiomorus dormitor); Sirajo goby (sicydium plumieri)

Goldeye and mooneye (Hiodon alosoides and Hiodon tergisus).

Goldfish See: Carps

Grayling See: Trouts

Graysby See: Sea Basses

Greenlings (Family Hexagrammidae), Including: Greenlings (Hexagrammos species); Kelp greenling or seatrout (Hexagrammos decagrammus); Lingcod, cultus or blue cod (Ophiodon elongatus); Atkamackerel (Pleurogrammus monopterygius).

Grindle See: Bowfin

Grouper See: Sea Basses

Grunion See: Silversides

Grunts (Family Pomadasylidae), Including: Grunts (Haemulon species, Pomadasys species);

Margate (Haemulon album); Tomtate (Haemulon aurolineatum); Cottonwick (Haemulon melanurum); Sailors choice (Haemulon parral); Porkfish (Anisotremus virginicus); Black margate (Anisotremus surinamensis); Sargo (Anisotremus davidsoni); Pigfish (Orthopristis chrysoptera).

Guavina See: Gobies

Haddock See: Codfishes

Hake See: Codfishes

Hakes(Family Merlucciidae), Including: Hakes (Merluccius species); Silver hake or whiting (Merluccius bilinearis); Pacific hake or merluccio (Merluccius productus)

Halfbeak See: Flyingfishes

Halfmoon See: Sea chubs

Halibut See: Flounders

Hamlet See: Sea Basses

Hardhead See: Carps

Harvestfish See: Butterfishes

Hawkfishes(Family Cirrhitidae). Including: Hawkfishes (Cirrhitus species).

Herrings (Family Clupeidae), Including: Atlantic and Pacific herring (Clupae harengus subspecies); thread herrings (Opisthonema species); Shads (Alosa species); Shad or glut herring, or blueback (Alosa aestivalis); Hickory shad (Alosa mediocris); Alewife or river herring (Alosa pseudoharengus); Gizzard shads (Dorosoma species); Menhadens or mossbunkers (Brevoortia species); Spanish sardines (Sardineilla anchovia); European sardine or pilchard (Sardina pilchardus); Pacific sardine or pilchard (Sardinops sagax); Spart (Sprattus sprattus)

Hind See: Sea Bass

Hogchocker See: Soles

Hogfish See: Wrasses

Horse mackerel See: Jacks

Jack Mackerel See: Jacks

Jacks and Pompanos (Family Charangidae) Including: Pompanos, palometas, and permits (Trachionotus species); Amberjacks and yellowtails (Seriola species); California yellowtail (Seriola dorsalis); Scads and cigarfish (Decapterus species, Selar species, Trachurus species); Jack mackerel or horse mackerel (Trachurus symmetricus); Jacks and uluas (Caranx species, Carangoides species); Crevalles (Caranx species); Blue runner (Caranx crysos); Rainbow runner (Elagatis bipinnulata); Moonfishes (Vomer species); Lookdown (Selene vomer); Leatherback or lae (Scomberoides sanctipetri); BUT NOT INCLUDING: LEATHERJACKET (Oligoplites saurus).

Jacksmelt See: Silversides

Jewfish See: Sea Basses

John Dory (Zeus faber)

Kelpfish See: Giant Kelpfish

Kingfish See: Drums, Mackerels

Ladyfish, or tenpounder (Elops saurus)

Lafayette See: Drums

Lake Herring See: Trouts

Lanceor Lance See: Sand lances

Largemouth bass See: Sunfishes

Leatherback See: Jacks

Lingcod See: Greenlings

Lizardfishes(Family Synodontidae)

Lookdown See: Jacks

Mackerel See also: Jacks

Mackerels, Atka See: Greenlings

Mackerels and tunas (Family Scombridae), Including: Mackerels (Scomber species, Scomberomorus species, Auxis species); Spanish mackerels, cero, and sierra (Scomberomorus species); King mackerel or kingfish (Scomberomorus cavalla); Bonitos (Sarda species); Wahoo (Acanthocybius solanderi); tunas (Thunnus species, Euthynnus species); Skipjack tunas (Euthynnus or Katsuwonus species); Albacore (thunnus alalunga) **But not including: Snake mackerels.**

Mahimahi See: Dolphin fishes

Margate See: Grunts

Menhaden See: Herrings

Menpachii See: Squirrelfishes

Merluccio See: Hakes

Milkfish or awa (Chanos chanos)

Mojarras (Family Gerreidae) including: Mojarras (Eucinostomus species, Gerres species, Diapterus species)

Monkeyface prickleback or eel (Cebidichthys violaceus)

Mooneye See: Goldeye

Moonfish See: Jacks

Mossbunker See: Herrings

Mouthbrooder See: Cichlids

Mullet See: Goatfishes

Mullets (Family Mugilidae) including: Mullets and amaamas (Mugil species); Uouoa (Neomyxus chaptallii); Mountain mullets or dajaos (agonostomus species)

Muskellunge See: Pikes

Mutton hamlet See: Sea Basses

Muttonfish See: Snappers

Needlefishes (Family Beslonidae) Needlefishes or marine gars (strongylura species, Tylosuru species)

Opaleye See: Sea chubs

Palometa See: Jacks

Parrotfishs (Family Scaridae) including: Parrotfishes and uhus (Scarus species, Sparisoma species)

Perch See also: Temperate basses, Drums, Cichlids, Surfperches, Scorpionfishes

Perches(Family Percidae) including: Yellow perch (Perca flavescens); Walleye, pike perch, or yellow or blue pike (Stizostedion vitreum); Saugnet (Stizostedion canadense)

Permit See: Jacks

Pickereel See: Pike

Pigfish See: Grunts

Pike See also: Perches

Pikes (Family Esocidae) including; Pike (esox lucius); Pickerels (Esox species); Muskellunge (esox masquinongy)

Pikeperch See: Perches

Pilchard See Herrings

Pinfish See: Porgies

Plaice See: Flounders

Pollock See: Codfishes

Pomfret See: Atlantic pomfret

Pompano See: Jack, Butterfishes

Porgies and sea breams (Family Sparidae). Including: Porgies (Calamus species, Diplodus species,

Pagrus species); Scup (*Stenotomus chrysops*); Pinfish (*Lagodon rhomboides*); Sheepshead (*Archosargus probatocephalus*)

Porkfish See: Grunts

Poutassou See: Codfishes

Prickleback See: Monkeyface prickleback, Rockprickleback (non kosher).

Queenfish See: Drums

Quillback See: Suckers

Rabalo See: Snooks

Ray's bream See: Atlantic Pomfret

Red snapper See: Snappers

Redfish See: Scorpionfishes, Wrasses

Roach See: Carps

Rock bass See: Sunfishes

Rockhind See: Sea Basses

Rockfish See: Scorpionfishes, Temperate basses

Rosefish See: Scorpionfishes

Rudderfish See: Sea chubs

Runner See: Jack

Sablefish or black cod (*Anoplopoma fimbria*)

Sailors choice See: Grunts

Saithe See: Codfishes

Salmon See: Trouts

Sand lances, launces, or eels (Ammodytes species)

Sardine See: Herrings

Sargo See: Grunts

Sauger See: Perches

Scad See: Jacks

Scamp See: Sea Basses

Schoolmaster See: Snappers

Scorpionfishes (family Scorpaenidae), Including: Scorpionfishes (Scorpaena species); California scorpionfish or sculpin (Scorpaena guttata); Nohus (Scorpaenopsis species); Redfish, rosefish, or ocean perch (Sebastes marinus); rockfishes (Sebastes species, Sebastodes species); Pacific ocean perch (Sebastes alutus); Chilipepper (Sebastes goodel); Bocaccio (Sebastes paucipinus); Shortspine thornyhead or channel rockfish (Sebastes alacanus)

Scup See: Porgies

Sea bass See also: Temperate basses, drums

Sea basses (Family Serranidae) including: Black sea basses (Centropristis species); Groupers (Epinephelus species, and Mycteroperca species); Rockhind (Epinephelus adscensionis); Speckled hind (Epinephelus drummondhayi); Red hind (Epinephelus guttatus); Jewfish (Epinephelus itajara); Spotted cabrilla (Epinephelus analogus); Gag (Mycteroperca microlepis); Scamp (Mycteroperca phenax); Graysby (Petrogaster cruentatus); Mutton hamlet (Alphistes afer) Sand bass, kelp bass, and spotted bass (Paralabrax species)

Sea bream See: Porgies

Sea chubs (Family Kyphosidae) including: Bermuda chug or rudderfish (Kyphosus sectatrix); Opaleye (Girella nigrican); Halfmoon (Medialuna californiensis)

Seaperch See: Surfperches

Searobins(Family Triglidae); Searobins (Prionotus species)

Seatrout See: Drums, Greenlings, Steelhead

Shad See: Herrings

Sheepshead See: Porgies, Wrasses

Sierra See: Mackerels

Silversides (Family Atherinidae) including: Whitebait, spearing, or silversides (Menidia species); California grunion (Leurusthes tenuis); Jacksmelt (Atherinopsis californiensis); Topsmelt (Atherinops affinis)

Sirajo goby See: Gobies

Skipjack See Mackerels

Sleeper See Gobies

Smallmouth bass See Sunfishes

Smelts (Family Osmeridae) including: Smelts (Osmerus species); Capelin (Malotus villosus); Eullachon (Thaleichthys pacificus)

Snapper blue See: Bluefish

Snappers (Family Lutjanidae) including: Snappers (Lutjanus species); Schoolmaster (Lutjanus apodus); Muttonfish or mutton snapper (Lutjanus analis); Red snapper (Lutjanus campechanus); Yellowtail snapper (Ocyurus chrysurus); Kalikali (Pristipomoides sieboldi); Opakapaka (Pristipomoides microlepis); Onaga (Etelis carbunculus)

Snooks (Family Centropomidae) including: Snooks orrabalos (Centropomus species)

Sockeye salmon See: Trouts

Sole See also: Flounders

Soles (Family Soleidae), Including: Sole or true sole (solea solea); Lined sole (Achirus lineatus); Hogchoker (Trinectes maculatus).

Spadefishes (Family Ehippidae). Including: Spadefishes (Chaetodipterus species)

Spanish mackerel See: Mackerels

Spearing See: Silversides

Splittail See: Carps

Spot See: Drums

Sprat See: Herrings

Squawfish See: Carp

Squirrelfishes(Family Holocentridae), Including: Squirrelfishes (Holocentrus species); Menpachii (Myripristis species).

Steelhead See: Trouts

Striped bass See: Temperate basses

Suckers(Family Catostomidae). Including: Buffalo fishes (Ictiobus species); Suckers (Catostomus species, Moxostoma species); Quillbacks or carpsuckers (Carpion species)

Sunfishes(Family Centrarchidae). Including: Freshwater basses (Micropterus species); Largemouth bass (Micropterus salmoides); Smallmouth bass (Micropterus dolomieu); Sunfishes (Lepomis species); Bluegill (Lepomis macrochirus); Warmouth (Lepomis macrochirus); Rock bass or red eye (Ambloplites rupestris); Crappies or calico basses (Pomoxis species)

Surfperches (Family Embiotocidae). Including: Surfperches (Amphistichus species, Hyperprosopon species); Seaperches (Embiotoca species, Hypsirus species, Phanerodon species, Rhacochilus species); Blackperch (Embiotoca jacksoni); Pile perch (Rhacochilus vacca); Shiner perch (Cymatogaster aggregata).

Surgeonfishes (Family Acanthuridae). Including: Surgeonfishes and tangs (Acanthurus species, Zebrasoma species); Doctorfish (Acanthurus chirugus); Unicornfishes or kalas (Naso species).

Tang See: Surgeonfishes

Tarpon (Megalops atlantica)

Tautog See Wrasses

Temperate basses (Family Percichthyidae). Including: Striped bass or rockfish (*Morone saxatilis*); Yellow bass (*Morone mississippiensis*); White bass (*Morone chrysops*); White perch (*Morone americana*); Giant California sea bass (*Stereolepis gigas*)

Tench See: Carps

Tenpounder See Ladyfish

Threadfins (Family polynemidae) including: Blue bobo (*Polydactylus approximans*); Barbu (*Polydactylus virginicus*); Moi (*Polydactylus sexfilis*)

Tilapia See: Cichlids

Tilefishes (Family Branchiostegidae) including: tilefish (*Logolatilus chamaeleonticeps*) Ocean whitefish (*Caulolatilus princeps*)

Tomcod See: Codfishes

Tomtate See: Grunts

Tomsmelt See: Silversides

Tripletail (*Lobotes surinamensis*)

Trouts and whitefishes (Family Salmonidae) including: Atlantic salmon (*Salmo salar*); Pacific salmon (*Oncorhynchus* species); Coho or silver salmon; sockeye, blueback or red salmon; chinook, king or spring salmon; pink or humpback salmon; chum, dog or fall salmon, Trouts (*Salmo* species) Brown trout, rainbow trout or steelhead, cutthroat trout, golden trout, Charr (*Salvelinus* species); Lake trout, brook trout, Arctic char (*Salvelinus alpinus*), Dolly Varden, Whitefishes and ciscos (*Coregonus* species and *Prosopium* species); Cisco or lake herring (*Coregonus artedii*); chubs (*Coregonus* species); graylings (*Thymallus* Species)

Tuna See: Mackerels

Turbot See Flounder (some nonkosher)

Unicornfish See: Surgeonfishes

Wahoo See: Mackerels

Walleye See: Perches

Walleye pollock See: Codfishes

Warmouth See: Sunfishes

Weakfishes See: Drums

WhiteFish See: Trouts, Tilefishes

Whiting See: Codfishes, Hakes, Drums

Wrasses (Family Labridae) including: Hogfishes and aawas (Bodianus species); Hogfish or capitaine (Lachnolaimus maximus); Tautog or blackfish (Tautoga onitis); California sheephead or redfish (Pimelometopon pulchrum); Cunner, chogset, or bergall (Tautogolabrus adspersus)

Yellowtail See: Jacks

Yellowtail snapper See Snappers

© Copyright, all rights reserved. If you enjoyed this article, we encourage you to distribute it further, provided that you comply with Chabad.org's [copyright policy](#).